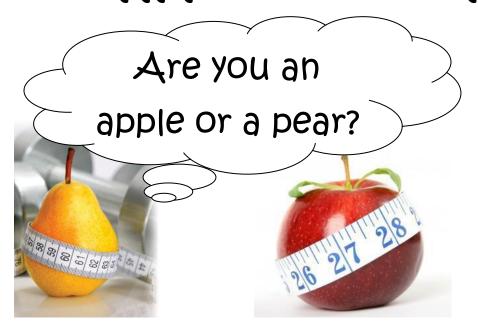
## IT'S YOUR MOVE



## Think About It, It is YOUR move!



## Reduce your waist, reduce your risk for type 2 diabetes!

Your waist should measure half your height!





Losing just 7% of your body weight can reverse your risk for type 2 diabetes!

